

FAMILY AND CARER SERVICES

ARAFMI NSW 1800 655 198 or 9332 0700
Community organisation providing support, info and advocacy.
Carer Community Connection Helpline 1800 655 198
or Free call (02) 9332 0700

Commonwealth Respite & Carelink Centre ④ 1800 052 222
Provides short term & emergency respite to mental health carers.

Carers NSW ④ 1800 242 636
Provides information, support and counselling.

Family and Carer Mental Health Program

Provides direct support services to mental health carers and families. Each Local Health District has a partner NGO providing this service:

Aftercare (FACES) ① 8572 7700
Carer Assist ③ 9750 9744

Kookaburra Kids Foundation 8203 1917
Camps & outings for kids in families affected by mental illness.

MH Respite: Carer Support 1800 052 222
This program is delivered by local NGOs and provides for a range of support services including respite & practical assistance.

LGBTI SERVICES

ACON 1800 063 060
Range of services incl. counselling (walk in Mon-Fri, 11am-1pm).

Twenty10 (incorporating GLCS NSW) 8594 9555
Information, support, referrals, groups & phone counselling.

MULTICULTURAL SERVICES

Bilingual Counselling Service 9366 8711
Greek, Chinese, Russian & Spanish. Other interpreters arranged.

Transcultural Mental Health Centre ④ 9912 3851
Promotes mental health access for people of CALD backgrounds.

WOMEN'S SERVICES

Lou's Place 9358 4553
Women's daytime refuge, including a case management and counselling service.

Sydney Women's Counselling Centre 9718 1955
Donation based counselling service, includes both one to one support & groups.

Women's & Girl's Emergency Centre 9319 4088
Provides counselling, case management & outreach support.

EMPLOYMENT SERVICES

Break Thru People Solutions 9344 1000
Employment & training program for disadvantaged groups.

ORS Group 8999 3222
Disability employment service. Co-location officer at Bondi Junction Community Mental Health Centre.

Richmond PRA 1300 779 270
Supported employment & vocational services to people who have been unemployed long term due to mental illness.

ACCOMMODATION SERVICES

B Miles Women's Foundation 9317 0400
Provides housing & support services to women who experience mental illness and are homeless or at risk of homelessness.

Independent Comm. Living Services 9281 3338
Provides residential services including long term, secure and affordable housing for people with psychiatric & other disabilities.

LEGAL SERVICES

Kingsford Legal Centre 9385 9566

Inner City Legal Centre 9332 1966

Both legal center's provide free advice on a range of legal issues.

The Mental Health Advocacy Service 9745 4277

Free legal advice and help about mental health law for people who have been kept in hospital under the mental health act.

ONLINE AND PHONE SERVICES

Beyond Blue 1300 224 636

www.beyondblue.org.au

Provides phone (24/7) and online (3pm - 12am) support.

Black Dog Institute 9382 3710

www.blackdoginstitute.org.au

Diagnosis, **treatment and prevention** of mood disorders.

Phone Connections 9114 8150

Provides a peer support line for people living with a mental illness.

SANE Australia 1800 187 263

www.sane.org

Provides phone and online support.

The Mind Spot 1800 614 434

www.mindspot.org.au

Provides a Wellbeing Course, in addition to a phone and online service for anxiety and depression.

EMERGENCY NUMBERS

Mental Health Line 1800 011 511

State-wide 24-hour mental health telephone access service providing information and emergency referrals.

Emergency Services 000

Support Lines

Lifeline 131 114

Kids Helpline 1800 551 800

Child Protection Helpline 132 111

Parent Line 1300 130 052

Domestic Violence Line 1800 656 463

MensLine 1300 789 978

Link2home 1800 152 152

Alcohol & Drug Information 1800 422 599

Salvo Care Line 1300 363 622

Suicide Call Back Service 1300 659 467

Poisons Information Line 131 126

After Hours GP Helpline 1800 022 222

Quitline 13 7848



**INNER SYDNEY
REGIONAL COUNCIL**
FOR SOCIAL DEVELOPMENT

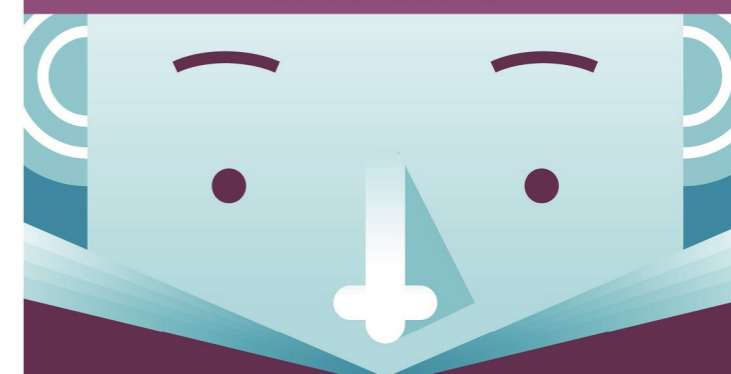


This brochure was developed by Inner Sydney Regional Council for Social Development with support from Junction Neighbourhood Centre and funding from NSW Family and Community Services

An Information Guide to the
Mental Health Support Services
available to people living within
Inner Sydney or the Eastern Suburbs



**MENTAL HEALTH
SERVICES**



UPDATED: MAY 2015

ARE YOU ELIGIBLE?

Eligibility to access most public mental health services is based on geographical catchment areas. If you need a referral to your local service please contact the **NSW Mental Health Line** on **1800 011 511**.

The following symbols are used in this guide to indicate services provided by the public health sector:

- ① indicates a Eastern Suburbs Mental Health Service
- ② indicates a St Vincent's Mental Health Service
- ③ indicates a Sydney Local Health District Mental Health Service
- ④ indicates a public (state-wide) mental health service

CRISIS SERVICES

Mental Health Line ④ **1800 011 511**
Statewide, 24-Hour Mental Health Phone Service providing information, triage and referral to local mental health services.

COMMUNITY MENTAL HEALTH SERVICES

Bondi Junction Community MHC ① **9366 8610**

26 Lianclaff Street, Bondi Junction

- Early Psychosis Program (ages 15 - 25)
- Rehabilitation Service (Improve or develop living/work skills)
- Youth Mental Health (see Specialist Services)

The Maroubra Centre ① **9366 8711**

30 Garden Street, Maroubra

- Bilingual Counselling Service (see Multicultural Services)
- Case Management and Assessment Team
- Mobile Community Treatment Team
- Aboriginal Workers Euroa Centre

Prince of Wales Hospital ①

Barker Street, Randwick

- Acute Care Team (Emergency Service) **1800 011 511**
- Aged Care Psychiatry (see Specialist Services) **9382 3797**
- Consumer Support (Part-Time Information Service) **9382 4262**

Sydney Children's Hospital ①

Avoca Street, Randwick

- Child and Family East (see Specialist Services) **9382 8213**
- Adolescent Psychiatry (see Specialist Services) **9382 4347**

Redfern Community MHC ③

103-105 Redfern Street, Redfern **9395 0444**

- Acute Care Team (Emergency Service)
- Adult Mental Health Team (Case Management)

COMMUNITY MENTAL HEALTH continued

O'Brien Centre ② **8382 1800**

St Vincent's Hospital, 390 Victoria Street, Darlinghurst

- Triage (Walk in Triage 9am-4pm. Phone Triage 9am-10.30pm)
- Acute Care Community Team (Emergency Service)
- Short to Medium Term Program (Treatment up to 6 months)
- Continuing Care Program (Ongoing Case Management)
- Program for Early Intervention & Prevention of Disability (16-25)
- Community Rehabilitation (improve or develop living/work skills)
- Psychogeriatric (People 65 years and older)

Camperdown Community MHC ③ **9515 9000**

Level 5 (St Level), KGV Building, Missenden Road, Camperdown

- Acute Care Team (emergency service)
- Adult Mental Health Team (case management)
- Aboriginal Mental Health Services (see Specialist Services)
- Adolescent Community Mental Health Team (see Specialist Services)
- Early Intervention Psychosis Service
- Mobile Rehabilitation Team (adult outreach & rehab care)
- Consumer Workers (advocacy, education and peer support)

GOVERNMENT FUNDED INITIATIVES

The following programs are government funded initiatives delivered in partnership with a range of Non-Government Organisations (NGOs).

Partners in Recovery (PIR)

Aims to provide people with severe and persistent mental illness with coordinated support services. For referral to a local service use the PIR locator: www.pirinitiative.com.au

Personal Helpers and Mentors (PHaMs)

Provides assistance to people experiencing mental illness in managing their daily activities and improving access to support services. The online PHaMs locator can be found at:

www.dss.gov.au/our-responsibilities/mental-health/programs-services

Housing and Accommodation Support Initiative (HASI)

Provides coordinated support services for people with mental illness living in public housing, assisting them to participate in community life, maintain successful tenancies and improve their quality of life. In the eastern suburbs area this program is delivered by two NGOs: Mission Australia and Neami.

Better Outcomes in Mental Health Care

This program improves access to private psychological services by offering a Medicare rebate. Some providers offer no gap services. To access this program visit your GP for a Mental Health Treatment Plan.

GENERAL ADULT SERVICES

The following Non-Government Organisations (NGOs) provide a range of mental health services in the area.

Eastern Suburbs Aftercare **9314 8770**

Provides a range of social, leisure and therapeutic programs.

Anglicare (PHaMS - Bondi) **8362 3700**

Anglicare (Counselling - Kensington) **9798 1400**

Provides the PHaMs program and a low cost counselling service.

Catholic Care **9390 5366**

Provides case management through the PHaMs program.

Compeer Friendship Program **9568 0295**

Matches a volunteer with a person who is socially isolated.

JewishCare (Mental Health Program) **1300 133 660**

Provides services including counselling and case management.

Mental Health Association NSW **9339 6000**

Provides information, resources, and advocacy to those requiring support for mental health issues .

Mental Health Information Service **1300 794 991**

Anxiety Disorder Support Information Line **1300 794 992**

A telephone information service throughout NSW, providing information on all anxiety disorders, referrals, and support group information.

Mission Australia (Eastern Suburbs) **9699 4879**

Provides outreach rehabilitation through the HASI program.

Neami National (East Syd. - Darlinghurst) **9380 9629**

Neami National (East Syd. - Pagewood) **8347 1929**

Provides the HASI program, as well as other wellness programs.

New Horizons (Inner West) **1800 501 858**

Lead agency for the PIR program in the inner Sydney area.

Schizophrenia Fellowship of NSW **1800 985 944**

Provides a range of services to people with a mental illness and their carers.

Support **9144 1447**

Provides physical health services and peer support.

Wesley Counselling Service **9263 5577**

Provides low cost psychological services.

Buckingham House (Surry Hills) **9393 9240**

Provides psycho-social and recreational activities.

SPECIALIST SERVICES

Aboriginal Services

Aboriginal Mental Health Service ① **9366 8711**

Culturally aware mental health support service.

Aboriginal Mental Health Service ③ **9515 9000**

Provides culturally appropriate treatment.

Aboriginal Medical Service (Redfern) **9319 5823**

Provides mental health services incl. counselling & psychiatry.

La Perouse Aboriginal Health Centre **8347 4800**

Psychiatrist, social worker & Aboriginal worker at a Wed. clinic.

Aged Care Services (For people 65 years and older)

Aged Care Psychiatry **9382 3797**

Assessment, management (including rehab) and care.

Psychogeriatric ② **8382 1800**

Outreach assessment & short/medium term case management.

Child and Youth Services

Child and Family East (CAFE) ① **9382 8213**

Assessment & treatment of children (and their family), 0 -12 yrs.

Adolescent Psychiatry ① **9382 4347**

Assists teenagers in managing life difficulties (ages 12 - 18).

Youth Mental Health ① **9366 8610**

Early intervention for youth (ages 14 - 24).

Adolescent Mental Health Team ③ **9515 9000**

Specialised outreach mobile service for youth.

Headspace Camperdown **9114 4100**

Headspace Bondi Junction Opening 2015

National Youth Mental Health Foundation offering counselling (ages 12-25), and other services.

Urban Arts Base **9328 3014** or **8362 3700**

Community arts project aiming to assist youth in their recovery.

WAYS Youth Services **9365 2500**

Activities, case management (11-19yrs) & counselling (12-24yrs).

Weave Youth & Community Services **9318 0539**

Works with women and children on a range of issues.

Local Community Centres may also have helpful information about local mental health services. You can find your local centre by contacting:

Local Community Services Association **9660 2044**